5-25-89

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Illusive dreams

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The body fit: An exercise in exercise

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Valley Star

Thursday
May 25, 1989

Van Nuys, California | Serving Valley College for 40 years | Vol. 40, No. 28

Strike continues: day 11

ERIC LAWSON / Valley Star

Unidentified Grant High School teachers hold strike placards above the Tujunga Wash mural adjacent to the school. The teacher's strike enters its second week as negotiators from the United Teachers-Los Angeles union and the Los Angeles Unified School District struggle to reach an agreement.

Phelps inaugurated as chancellor today

Ceremony 'celebrates renewal'

By KATHI JOHNSON
News Editor

Donald G. Phelps will be sworn in today as chancellor of the Los Angeles Community College District at the first inauguration of a chancellor in the district's 20 year history.

The ceremony will take place at 1 p.m. in the Grand Theater at Los Angeles Trade-Technical College. Transportation will be provided by the local City Council's Office.

Two buses will depart from each campus, transporting faculty, staff and students to the event. Buses will leave Valley College at 11 a.m. and will return at approximately 6 p.m.

College graduates clad in academic attire are invited to march in the processional though most of the guests will be in the audience, according to Harold Garvin, president of the board of trustees.

Garvin parallels the inaugural celebration to a renewal of commitment to the LACCD family and the greater Los Angeles community.

Trustee Wallace Albertson will present several speakers which include community college presidents, university chancellors, representatives of the American Federation of Teachers College Guild, the LACCD Academic Senate, the California Association of Community Colleges and the California Community Colleges Board of Governors.

Lindsay Conner, vice president of the board of trustees, will introduce Dr. Charles Mitchell, president of Seattle Central Community College, and Philip Smart, chairman of Phil Smart, Inc. of Seattle, as the featured speaker.

Mayor Tom Bradley will also speak at the inauguration.

Entertainment will be provided by the Valley College Chamber Singers throughout the afternoon.

The present chancellor of the LACCD came to Los Angeles from Seattle, where he served as chancellor of the largest of the 23 community college districts in the state.

Prior to his chancellorship Phelps served as president of Seattle Central Community College, where his leadership ability earned him the honor of one of the nation's outstanding community college presidents. This title was bestowed upon him in a recent study by the Community College Leadership Program.

From 1977 to 1980 Phelps was director of executive administration for King County in Washington. In 1976-77 he worked for the Lake Washington School District as an interim superintendent.

Prior to that, he worked in Washington D.C. as director of the Division of Prevention, National Institute on Alcohol Abuse and Alcoholism (NIAAA), Alcohol, Drug and Mental Health Administration (ADAMHA), with the U.S. Department of Health, Educaton and Welfare.

During this time Phelps conducted the first National Alcohol Awareness Campaign.

From 1969 to 1972 he was the executive assistant to the president and director of personnel for Bellevue Community College in Bellevue, Washington.

Between the years 1960 and 1969 Phelps worked as an elementary school teacher and principal at Robinswood Elementary School and as principal of Bellevue Junior High School.

Phelps' community and civic activities include membership in the NAACP, the Seattle Urban league and the Downtown Los Angeles Rotary.

He is also involved in the National Council on Black American Affairs and the American Council on Education's Commission on Minorities in Higher Education.

CCs face teacher shortage

By KATHI JOHNSON
News Editor

In concurrence with the recent problems surrounding the Los Angeles Unified School District's teachers' strike, community college's state-wide may be facing their own crisis; a massive teacher shortage.

Increased student enrollment, the faculty retirement incentive and a call for more ethnic and full-time instructors all lead to the anticipation of a major drive toward future staff recruitment.

According to an article published by the California Association of Community Colleges, 18,000 new community college teachers will be needed by the year 2005. Nationwide, approximately 450,000 to 500,000 teachers will be needed in higher education by 2009.

The reform legislation passed last year mandating the state's two-year colleges to increase both the number of full-time and ethnic teachers is expected to further promote the teacher shortage.

The reform package, authored by Assemblyman John Vasconcellos, (D-Santa Clara), will require the addition of 2,000 full-time teachers, said Gary Paque, an analyst with the state chancellor's office. This legislation is expected to cost the state $70 million.

Critics maintain the problem escalates with the community college system's lack of background in new faculty recruitment.

Many educators agree the recruitment of qualified ethnic minorities and an effort to instill teaching interests in grade-school students along with a coordinated state-wide effort are all neccessary to meet the state's increased hiring needs.

Marsh scholarship given

By BLANCA L. ADAJIAN
Special to the Star

Every once in a while everything comes together, and hard work brings with it special recognition and/or rewards. Such is the case of 22-year-old Mary Mousavi.

She was awarded the Dr. Stewart Marsh Business Administration Scholarship, in the amount of $600. The award was officially presented to Mousavi last month at the Dean's Tea. Dr. Stewart is an alumni of Valley and, before his retirement, was an administrator here as well.

Nine applicants competed for the scholarship which is awarded in the spring semester to Business Administration students who meet the desired criteria.

Mousavi credits Dr. Mary Ellen Pangonis of Business Administration with a great deal of her success.

"I know I couldn't have done this without Dr. Pangonis' help," she said. "She's a wonderful teacher and I've learned an awful lot from her."

Mary Mousavi

Dr. Pangonis stated that she was very happy for Mousavi and that she was "very deserving of the award." "Did you know that Mary is one of the youngest, if not *the* youngest, person to receive a Real Estate license?" she said.

"She is a remarkable young woman; besides the real estate she is currently working on getting certification as an insurance agent," said Dr. Pangonis.

Looking ahead to a longer term goal, Mousavi plans to transfer to UC Santa Barbara in Fall '90 where she plans to attain her degree as a Certified Public Accountant. She also hopes to get an MBA.

A native of Iran, she speaks Farsi, English and is currently studying Spanish. Her family moved to Panorama City when she was 4 years old. She is the eldest of four children and one of her sisters also attends Valley.

Final Examination Schedule

Spring semester 1989
Thursday, June 8 - Friday, June 16

Classes which meet only one day per week (modular classes) will have their finals at the first regular class meeting time during the period Thursday, June 8 through Friday, June 16.

Classes of less-than-semester length (4,5,6,8,9-week classes) will have their final exam at the last meeting of the class.

All 4 p.m. and evening classes will have final exams as follows:
Monday classes: June 12
Tuesday classes: June 13
Wednesday classes: June 14
Thursday classes: June 8

All Saturday classes will have final exams on Saturday, June 10, at the regular class time.

CLASSES MEETING ON	7 a.m & 7:30 M or W or F	7 a.m. & 7:30 Tu or TH	8 a.m. & 8:30 M or W or F	8 a.m. & 8:30 Tu or TH	9 a.m. & 9:30 M or W or F	9 a.m. & 9:30 Tu or TH
FINAL ON	**Fri. June 16 8-10**	**Thurs. June 15 8-10**	**Mon. June 12 8-10**	**Tues. June 13 8-10**	**Fri. June 9 8-10**	**Thurs. June 8 8-10**
CLASSES MEETING ON	10 a.m. & 10:30 M or W or F	10 a.m. & 10:30 Tu or TH	11 a.m. & 11:30 M or W or F	11 a.m. & 11:30 Tu or TH	Noon or 12:30 M or W or F	Noon or 12:30 Tu or TH
FINAL ON	**Wed. June 14 10:30-12:30**	**Thurs. June 15 10:30-12:30**	**Mon. June 12 10:30-12:30**	**Thurs. June 8 10:30-12:30**	**Fri. June 9 10:30-12:30**	**Tues. June 13 10:30-12:30**
CLASSES MEETING ON	1 p.m. & 1:30 M or W or F	1 p.m. & 1:30 Tu or TH	2 p.m. & 2:30 M or W or F	2 p.m. & 2:30 Tu or TH	3 p.m. & 3:30 M or W or F	3 p.m. & 3:30 Tu or TH
FINAL ON	**Wed. June 14 1-3**	**Thurs. June 8 1-3**	**Mon. June 12 1-3**	**Thurs. June 15 1-3**	**Fri. June 9 1-3**	**Tues. June 13 1-3**

In case of conflicts or for makeup exams, see instructor

—STAR EDITORIAL—

Student body statistics reveal forboding future

Every year the Los Angeles Community College District puts out updated information regarding the changing demographics of the nine LACCD colleges, including information about sex, ethnicity, transfer status and educational goals.

The statistics cover 1972-1987; 1988 figures were unavailable. Out of this batch of statistics emerges a number of trends.

Since 1978 there has been a steady decline in four-year-college transfers. Transfers to a UC school in '78 was 143 compared to just 67 in '86. Transfers to CSUs were also down, from 727 to 420.

The face of the LAVC campus as well as the district has changed. It is decidedly more female and ethnically diverse. In 1972 women comprised 44 percent of all students. They now comprise 55 percent of total enrollment. At Valley, statistics show a 13 percent increase.

The ethnic makeup at LAVC has also changed. White students, while still in the majority, are no longer as numerous. The greatest increase has been in the number of Asian students. In '72 Asians accounted for only 1 percent of the student population; they now account for 11 percent.

Hispanic students at Valley have more than doubled; accounting for 17 percent of enrollment, while blacks make up around six percent of the student body.

While the statistics show that student demographics have undergone obvious changes, it is not apparent to us that LAVC has changed to accomodate them. And according to these statistics and various other studies, scholastic achievement has taken a definite turn downward.

Perhaps there is a connection here. The matter deserves closer observation, and with the passing of Proposition 98, funds will be available to do something about it before the problem becomes overwhelming. Statistics show that demographics for high schools in the L.A. area are much more diverse. What will happen when a radically changed student body meets a status quo community college system in the not too distant future?

The teacher's strike: our best lesson yet

By ROBERT P. CHRISTIAN
Opinion Editor

With Gov. George Deukmejian's gee-whiz discovery of an extra $2.5 billion in the state purse, why is the Los Angeles Unified School District still refusing to settle with the striking teachers? Could it be...SATAN? You tell me.

The United Teachers-Los Angeles, who have done their best to deal with overcrowded classrooms, low pay and too few textbooks since 1970 — when they last struck for one month but later lost all their gains — are asking for more freedom in the teaching process and a meager pay raise that boils down to $4 per working day.

Is this asking too much? Apparently it is. Apparently, the district wants to keep public education in Los Angeles just the way it is.

How is education in Los Angeles? Students in the L.A. school district generally score the lowest in the county. How does the nation rate? A 1988 Gallup Poll on geography revealed that out of 10,820 18 to 24-year-olds from nine industrialized countries the United States came in last. Fourteen percent of our team couldn't even pick out the United States on a world map; 25 precent couldn't pick out the world's largest country or biggest ocean.

Furthermore, it showed a 28 percent decline of knowledge since 1947. In math, a recent study of 13-year-olds in six countries placed Americans last.

The United States was once the world leader in education, but those days are long gone. Our students once led this country to progress in civil rights, foreign policy and a number of governmental affairs. Today, it's students in nations like China who are leading the way to progress.

Our students seem concerned only with obtaining a cozy career, that is, if they attend school. Today, the United States leads the world in school drop-outs, with 1,375 teenagers dropping out every day.

Thank God teachers are trying to do something about this. The problem is, the world is desperately short on saints. People, especially here in the land of free enterprise where monetary achievement is all, just don't like to work for nothing. Here in the United States teaching ranks among the lowest paid and least respected occupations. It's an abject crime considering how vitally important the service is, at least as important as legal representation or having your teeth cleaned.

When the Reagan Administration stormed the White House in 1981, one of the first things they did was to declare a "window of vulnerability" had been allowed to open up and if we didn't shut it fast the "Evil Empire" was sure to do us in.

The ploy worked, and billions and billions of unaccounted dollars flooded the Pentagon to defend us from the unseen tyrants. This boondoggle was perpetuated at the expense of our infrastructure, which is in shambles, especially our school system.

But the same people who demanded and got billions to cure exaggerated defense woes said mere money could not help our ailing schools. They said what schools needed was less waste, more religion and better teachers, for less money.

The result, as we in the school system know, has been drastic cutbacks in courses, teachers, supplies and, as Los Angeles Valley College English teacher Roselle M. Lewis wrote in an April 21 column for the *Los Angeles Time,* students expecting education are being cheated. The *Valley Star* has felt the crunch; today we operate on a budget that is approximately 30 percent less than it used to be ten years ago.

Consequently, the United States has been labled a nation of ignorant thugs — the dumb bullies of the United Nations. And many consider us the leader among terrorist nations.

Here at home we just complain: "AIDS ran rampant for years before the federal government acted; companies moved their factories to Third World countries and we lost millions of jobs; with more school funding cutbacks we'll have to do with substandard facilities and without necessary classes; oh well, some day things will get better." Unfortunately, the odds of winning the lottery twice are better than improving situations with patience and inaction.

As UTLA teachers strike, we stand to learn the most important lesson of our lives. Should they succeed this time they will demonstrate how *unified action* improves bad situations, that restoration and progress are not just faded dreams, that change is within our reach just waiting for us to stand *together* and ask for it.

Throw off your pessimism and embrace hope. Stand behind our striking teachers and they will stand behind us, our children and our future.

Cycle helmets

To don or not to don?

By NANCY WEDEEN
Staff Writer

As a bicyclist and motorcyclist, I wear a helmet whenever I ride. Many don't.

In a recent letter to Ann Landers, Malcolm Forbes, well-known magnate and sportsman, said, "Should helmet wearing be mandated by law? No." He went on to say, "On a motorcycle, it is common sense that preserves the life of the rider, and no law is able to mandate that."

Ann Landers disagrees and supports legislation designed to mandate motorcycle helmets so that lives could be saved. No matter how sensibly a cyclist rides, accidents can happen.

After Congress, in 1978, withdrew the authority of the Department of Transportation to withhold highway funds from states without helmet laws, 27 states repealed their helmet laws. During the next three years, motorcycle fatalities increased by 47 percent nationwide.

Statistics gathered by the California Highway Patrol indicate that over 60 percent of those motorcyclists injured or killed in accidents were not wearing helmets. Studies also show that helmets not only effectively decrease the severity of head injuries they also reduce medical costs.

According to the American Medical Association, a University of Washington study found that less than one percent of the medical costs were paid by the motorcycle accident victims or their families. This Seattle study also determined that 21 percent of the costs were paid by private insurance and more than 63 percent were paid from public funds. Should taxpayers foot the bill for headstrong and weak-minded riders? No.

California law currently requires helmets only for motorcycle riders under the age of 15 1/2 but the Assembly Transportation Committee is pushing to pass AB8, which would require all motorcycle riders to wear helmets. Last year, Governor Deukemejian vetoed an identical bill.

Freedom of choice is important, but so is saving lives and money. A good helmet keeps the skull from breaking and the brain from bruising. Medical costs are decreased. Helmets are not hot and heavy. They do not obscure vision or hinder hearing any more than sunglasses and the wind.

Perhaps we could give motorcyclists (and bicyclists) a choice. *Either* wear a helmet *or* carry a million-dollar medical insurance policy *and* sign an organ donor card.

Motorist and motorcyclist education is also necessary. All users of the roadway should observe legal and common sense behavior. We cannot legislate common sense but we can legislate helmet use.

I don't want to have to pay some other motorcyclist's medical bills with my taxes and I don't want to use public taxes to pay my medical costs.

Whether I'm on my bicycle or my motorcycle, I wear a helmet on every ride. I want to protect that which I can not replace.

Caging criminals is just too simplistic

By S. CLOVER PHALEN
Staff Writer

While I don't claim to have the solutions, suggesting inhumane solutions and promoting broad generalities make bad situations seem overwhelming and unsolvable. I am referring to last week's article , *Cage the vicious animals in jail.* The author jumped from subject to subject condemning all with high-volume anger.

A few specfics: not all residents and landlords are apathetic about graffiti. In many areas of the city and our campus, graffiti is removed frequently. What you see is new. In my neighborhood a group called Graffiti Busters spends hundreds of hours a month removing graffiti. Many people do care!

My son listens to and sings rap music. While some songs glorify gangs, as all music has occasionally glorified crime, drugs and rebel causes, many of the songs are clever and even beneficial. A lot of songs promote safe sex, staying off drugs, toughing it out to graduate from high school and other timely and relevant advice.

Today's youth has chosen rap as my generation chose rock. While some songs may be highly offensive, jailing an "ex-gang member" is hardly constructive.

Also, in terms of jailing not being constructive, I hardly know where to start. Assuming a gangbanger is a gang member, putting every one of them in jail is infeasible and unjust.

Suggesting that it would do anyone good to be raped is disgusting and is a reflection of the entire tone of this piece.

Many, not all, gang members are criminals. Gangs are a threat to our society and a very real danger. But simplistic, unworkable solutions, solutions that only touch upon the societal implications of why gangs exist, will only leave us spinning in circles while the problems grow.

Granted, there's tremendous anger generated when innocent people are murdered by gangs. But our handling of the problem should reflect our values, our maturity, and the understanding of right and wrong that we claim to have.

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Los Angeles Valley College

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Phone (818) 781-1200, Ext. 275/276
Advertising Ext. 239

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★ LETTERS ★ LETTERS ★ LETTERS ★ LETTERS ★ LETTERS ★

The **Valley Star** is happy to receive and, if possible, publish letters from its readers.

The **Star** reserves the right to condense all letters for space considerations. Submitted letters should be limited to 350 words. Letters are subject to editing if they are obscene, libelous, or make racial, ethnic or religious denigrations.

Letters should be signed and, if applicable, include student's major and ID number. Letters may be presented to the **Valley Star** office, Bungalow 25, by Monday for the following Thursday.

Breaking free from the grasp of suicide

By ANNIE OUZOUNIAN
Managing Editor

WHY ME?

"I always seem to be doing the wrong things. Nobody likes me. My life is empty. No one cares if I'm around or not, so what's the use? They'll never even know I'm gone. Peace is what I'm looking for."

When problems are overwhelming, and each day begins with the worst of thoughts and challenges. When it seems no one understands, and it appears as though everyone turn their backs on a cry for help. These are the thoughts that enter into a persons mind who may be on the verge of suicide.

According to the Los Angeles School District Listen and Learn information hotline, the suicide rate in adolescents from the ages of 10-19 has almost tripled in the last 15 years. To attach numbers to this statistic, consider this; estimates show that 500,000 young people attempt suicide each year. Of those who make the attempt, 5,000 succeed.

A more startling fact is that suicide ranks as the second leading cause of death among college students, and ranks tenth overall in America today. An estimated 100,000 suicides go unreported annually, and five *million* people attempt to kill themselves.

Why so many? No one really knows for sure.

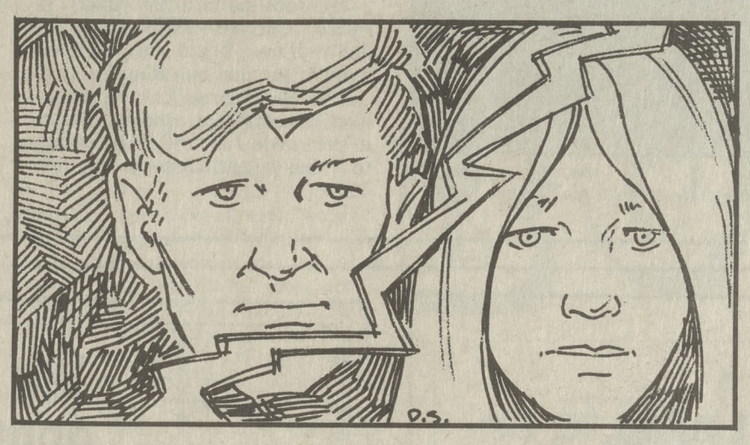
At one time or another in our lives, we all have experienced feelings of depression, although it's generally short-lived or otherwise dealt with. However, for some people depression becomes a continuing way of life.

Though adolescence is a turbulent time, depression is triggered much more easily because of the emotional strains, stresses and peer pressure young adults go through.

Adolescents, due to their lack of maturity and experience, often have limited problem-solving abilities. This inability and the feelings they generate preclude an impulsive reaction that can lead to suicide.

Depression is the main factor to suicide, along with isolation, helplessness and loneliness. Depression is usually triggered by an event that causes a feeling of intense loss.

Such events such as a serious or debilitating illness, divorce, a death in the family, drug addiction and alcoholism play a prominent role in suicide. It is this time when relationships, competitions, standards that are set and personal identity assume



a great deal of importance.

When depression, loneliness and helplessness combine together, suicide appears to be an attractive option.

"I cried all night long, until the sun came up. I constantly asked myself, 'Why me?' I felt the hurt to the pit of my stomach. My worst days were when all my problems stacked up on top of me and I couldn't find my way out," she said with a pained expression in her eyes.

"It was then when I found myself sitting in my room thinking of different ways of disappearing from the face of this earth. I felt I was such a problem to my family and friends.

"Then I'd turn on the light, get the pills and put them in my hand, feel them, count them. Then I'd end up putting them back in the bottle and get them back out. I'd let my lips touch them and I'd say to myself all I have to do is take them and go to bed and never wake up," she continued.

"I felt as though a war was going on inside my head. Because a big part of me would get so scared that the next thing I know is I've put the pills back into the bottle and cried myself to sleep."

She let out a sigh and continued to explain the reasons that led her to attempt suicide in the first place.

"Part of my problem was that I had no one to talk to and my parents would have probably never believed me if I had told them that I was going to kill myself," she said.

"For such a long time I hated myself. I felt that everything I did was wrong and that everyone was angry with me,"she said. "There were times when everything was going just great with family, friends, work, school and romance. Then, my whole family got into a big fight and no one was speaking to each other," she continued with hostility.

"With all the pressures at work, I never got a chance to see my friends. It set me behind in my schoolwork, which was another reason why my parents got on my case. To top it all off, my boyfriend decided to leave me."

"When all this happens in such a short period of time, wouldn't you consider disappearing from the face of the earth?"

There are signs leading to suicide that should not be ignored. The first and foremost sign is talk of suicide or making an attempt. They may talk directly or, as it happens in most cases, indirectly. Most people who attempt do talk about it first.

Expressions such as: "You'll be sorry for the way you treated me" or "Pretty soon you won't have to worry about me," are subtle but clear signs of attempt. Sudden changes in personality, such as extreme unhappiness and isolation, are clear signals of depression. Giving away one's possessions or otherwise making final preparations is likewise a serious indicator.

What can be done? The most important thing to remember is potentially suicidal people want more than anything to live but don't feel they have any alternative. Be sensitive to the warning signs and suicidal thoughts. Let them know that you care and understand. Try and offer encouragement and hope for the future. If possible, try and help by looking at their problems in a more constructive way. And suggest them to seek professional help.

"If there's anything I wish for at the moment, it would be that anyone who's thinking of suicide to please stop and think for one moment of the things you'll be missing out on. I know that may be difficult, but just as you set your mind to wanting death you can also set it to want to live," she said.

"I have learned that the best things come to those who wait and waiting requires patience, which is the solution to all your problems. I have come very close to death many times, and if I had gone ahead and killed myself, I wouldn't be around to see and feel the joy of love that I do now!" she said with a big smile.

Suicide Hotline's

Suicide Prevention Center
(213) 381-5111

Hospital Helpline
1-800-352-3381

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1-800-333-4444

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Movie Review

Indy returns

By J. LAWSON BREWER
Entertainment Editor

Combine Harrison Ford and Sean Connery, who have in past movies portrayed the world's best known movie heroes: Han Solo of *Star Wars* and James Bond, and what do you get? Easy, *Indiana Jones and the Last Crusade*, an action-packed serial based on the adventures of that daring archaeologist, Indiana Jones.

In terms of action, adventure and suspense, Steven Spielberg's latest Indy concoction surpasses his second production, *Indiana Jones and the Temple of Doom*, and lives up to his first, *Raiders of the Lost Ark*.

Once again it is the adventures of Indiana Jones (Ford) which takes the audience to such exotic destinations as Italy, Germany and Turkey in search of lost and forbidden treasure.

For Indy the search for lost treasure is not by choice. The kidnapping of his father, Dr. Henry Jones (Connery), leads Indy on a rag-tag chase around the globe in search of the Holy Grail and his father.

Along the path of destruction that Indy leaves behind, he encounters the likes of a deceiving businessman (Julian Glover), a beautiful but treacherous blonde bombshell (Allison Doody), a Nazi SS officer (Michael Byrne) and a brief but suspenseful encounter with Adolf Hitler.

Stunt coordinator Vic Armstrong and cinematographer Douglas Slocombe deserve much of the credit for contributing to Spielberg's action-adventure masterpiece. Superb camera coverage of Indy jumping through windows, fighting off Nazis on a moving tank and falling off mountain cliffs leaves the viewer begging for more.

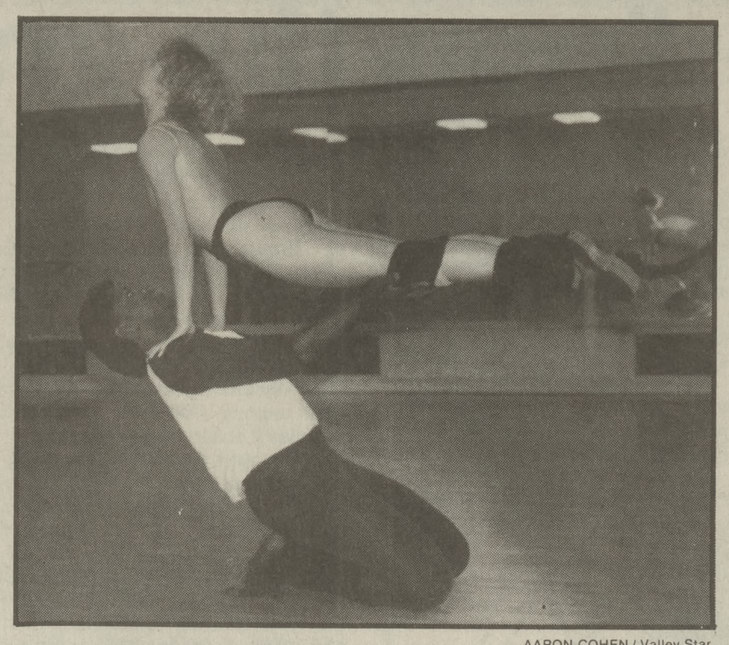
As in the *Temple of Doom* and *Raiders of the Lost Ark*, it would be inexcusable not to mention special effects supervisor George Gibbs and the visual effects produced by Industrial Light & Magic. Without their combined efforts, *Indiana Jones and the Last Crusade* would be missing the extra oomph of excitement that contributes to a box-office smash.

Sean Connery's Oscar-award winning talents were also up to the task of contributing to Spielberg's masterpiece. His role as Dr. Henry Jones adds a humorous flavor throughout the trials and trivialities of his father-and-son relationship with Indy.

And, of course, Ford was excellent with his portrayal of the good-looking archaeologist who not only experiences the adventures of travel but never ceases to attract a beautiful woman in each movie.

To fully enjoy *Indiana Jones and the Last Crusade*, I recommend seeing the movie in a big screen theater with George Lucas' THX sound system. Only there can the wondrous visual effects of action and adventure be truly experienced with the sounds of exploding bombs, the humming of airplanes and the rattling of tanks which projects the illusion of their presence in the theater.

As a director, Spielberg never ceases to amaze. By exploiting the best qualities of his movie-making crew and actors, his work is always monumental and *Indiana Jones and the Last Crusade is no exception*.



AARON COHEN / Valley Star

GETTING A LIFT— Aaron Bowers and Heidi Ketehum rehearse their number.

Valley dance mixer blends styles together

For over 15 years Dance Production has presented its annual Spring Dance Concert, and this year is no exception.

In reference to the concert, Artistic Director K. G. Mahoney said, "there's something for everybody." The performance will include ballet, ballroom, jazz, modern and tap.

The focal point of the concert is Pedro Garcia's *Phidippides*, a dance-drama based on a Greek story of the first marathon runner.

Past Dance Production students like Chance Taylor, who performed in the movie *Tap*, will be returning to Valley to participate in the concert.

Other artists include Aaron Bowers, Heidi Ketehum, Sondra Halter, Tonya Moore, Andrea Valero, Barbara Singletary, Hermis Otarola, Jessica Cagle, Rick Admundson, Grace Shutt and Inelha Brown.

"Over the years I've seen an improvement in their creativity," said Mahoney in regard to this year's cast.

There are only two performances of the Spring Dance Concert: June 2 at 8:00 p.m. and June 4 at 2:30 p.m. in the Mainstage Theater; admission is $4.

— Compiled by J. Lawson Brewer

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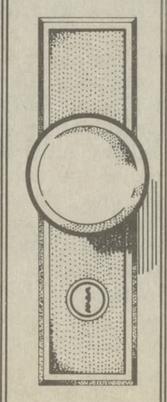
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★THE BODY FIT★THE BODY FIT★THE BODY FIT★

Shifting gears

By NANCY WEDEEN
Staff Writer

I love bicycling. I enjoy the exquisite pleasure of the wind in my face and the sun on my back as I ride. Sounds and smells constantly change along with the scenery. Road surface patterns provide a never-ending scroll of serendipitous markings. The alternating demands on my body as the road changes or as the wind shifts heighten my awareness.

Bicycling is, for me, pure pleasure. There's something magical about rolling along on a two-wheeled human-powered cycle. In spite of hills, headwinds, heat and humidity, it's still fun.

Why else would I get up at 6 a.m. on weekends, wear shiney, skin-tight, padded, lycra shorts and strap on a helmet that makes me look like an old-fashioned gas pump?

When I started bicycling ten years ago, it was partly because, at

forty, I didn't know if my life was "just beginning"'or if I was to join the ranks of the "over the hill" crowd.

It turned out to be both. I discovered a new beginning and am now a member of an "over the hill" crowd, a bunch of cyclists who ride hard and fast. Bicycling turned out to be a great way to get into shape—and stay there.

Physical fitness is composed of three primary, inter-related elements: cardio-pulmonary performance, strength and flexibility.

Bicycling, an aerobic exercise, improves and maintains the cardiovascular system, tones and strengthens muscles and aids in flexibility, if stretching is done immediately after riding, while the muscles are warm. Cycling also helps to reduce cholesterol and aid in weight control.

Of the nearly 50 million adult cyclists in the United States today, many ride for health and fitness. Some people join health clubs to improve their physical fitness, but few get their money's worth. Many quit after just a few months because it's more work than fun. With cycling, once you get used to the saddle, learn the basics and discover the rewards, you're hooked.

With bicycling, there are so many rewards built-in that it's constantly reinforcing. While riding, I can enjoy the scenery, talk with my companions, or enjoy some quiet, thoughtful solitude.

Bicycling also has other rewards. We eat to ride and ride to eat, often stopping for Foster's, Sweet Cinns, or Boulangerie pastries. I enjoy the biggest, sweetest and most decadently delicious pastry without worry, knowing that I'll burn off all the calories before I get home. One hour of brisk riding will burn about 500 calories. Of course, I also eat bananas, bran muffins and a lot of pasta.

According to recent studies, the high-carbohydrate meals that cyclists eat for optimum performance may also help them keep calm under stress. Is it any wonder that so many of the cyclists I know are slim, trim, and easy to get along with?

Whether struggling up a hill at an excruciating five mph, spinning along at an efficient 15 mph on the flats, or coasting downhill at an exhilarating 40 mph, it's all fun. Even with lungs bursting and sweat in my eyes, it's fun—knowing the thrill of the downhill is just ahead. Downhills are memorable.

On one overcast day, I was riding in an invitational, metric (100 kilometers/63 miles) century which cost $2, when it began to rain. My husband and I talked about short-cutting the ride but he said, "Heck, two bucks is two bucks!" and we completed the full metric. There's nothing like the squish of wet chamois in your shorts and the sting of rain drops on your face while descending Balboa Blvd. at thirty-plus mph. It's like being a kid again, playing in the rain. It's pure sensual pleasure.

Meeting the challenge of a full century, riding one hundred miles in one day, has its own reward. The sense of accomplishment is great for building self-esteem and pride. Being tired from enjoyable physical exertion isn't like being tired from work.

Riding a century is an adventure; touring city streets, climbing hills, pedaling through farm country or along the coast, stopping for refreshements along the way while enjoying the company of friends. It's a great way to spend the day while keeping fit.

It's also easy to get high on cycling. I remember one century, "101 Miles on Highway 101," on a September Sunday. How exciting it was to ride the coast, laboring on the uphills and flying on the downhills, being surprised at each new vista as the road turned. Even at the 80 mile mark, though tired, I felt good.

It was a joy to see the ocean, colorful and sparkling, and to hear the wind whistling past my ears. I felt a great delight in being aware of my body, breathing deeply and using my muscles. It was wonderful to feel the wind on my skin, warm from the sun and moist with sweat.

Every ride, from an easy, short, brunch ride to a challenging double-metric century, helps keep me fit. Of course, it took a while before I was able to handle the hard rides.

As novice cyclists, one day, my husband and I were bicycling home from a beginner's ride in Griffith Park. We made a turn and found ourselves climbing a hill. As I struggled to maintain some sort of forward motion, my husband shouted, "Why are you stopping?" Gasping for breath, I answered, "Richard, I'm pedaling as fast as I can!"

To make matters worse, when I later complained about having to climb that hill, he said, "What hill?"

Well, maybe I'll never be as strong as he is, but today, fifty and fit, I can climb that same hill with ease. I feel better now than I did ten years ago and bicycling has made it so. Because of it, I know I'm happier and having a lot more fun.

KEEPING FIT — IN THE BIKE LANE

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THE BODY FIT

Exercise in History

By JOE DON LEWIS
Staff Writer

Grunts, groans, moans and jubilant sighs can be heard all over the United States as men and women alike strive for health and the ultimate figure. The latest surge in the fitness movement can be traced to the running fad which developed about fifteen years ago.

Another link to physical fitness comes from such energetic pioneers as Jack La Lane and Joe Weider. Moreover, this fitness craze seems to be fueled by a society that craves the "perfect body" for the '80s; a social swing in healthy and materialistic values.

Yet, this upswing in physical fitness is hardly a new idea. In fact, physical fitness has both enjoyed and suffered a turbulent history.

History reveals that the fervor of physical fitness is largely dependant upon the social, religious and cultural influences of a particular time.

Furthermore, the periodical swings in physical fitness are closely tied to physical education. As people advanced in achievements, the need for physical fitness decreased. Yet when physical fitness was used for esthetic reasons, concern for health and beauty emerged. Unfortunately, physical fitness has also suffered from corrupt societies.

In Ancient China physical education was frowned upon as expressing too much freedom for their rigid culture. Yet the upper-class enjoyed dancing, wrestling, jujitsu, football and golf. The Chinese believed that fitness was necessary against certain diseases, and even created a Kung Fu gymnastic program in 2698 B.C.. But these programs were limited to the richer families of China. On the contrary, other societies favored physical fitness for all.

Egypt exemplifies a civilization that supported fitness for health. Physical fitness was a major requirement in their military. Young boys were trained to develop their stamina through rigorous marching, running and jumping. Also, they were taught to hunt and to use weapons. Usage of military training has played an important part throughout history, especially today. In contrast, the Greeks were renowned for their emphasis on physical fitness.

The Athenians represented the most desirable aspects of physical education. Physical fitness played a major role in the Athenian lifestyle. They felt that exercise led to a livelier and fuller life. They sought a balance in moral, mental physical and esthetic development. Gymnasiums were not just a place to "work out," they became centers for physical, social and intellectual interaction. The Greeks were the first culture to develop both the mind and body, as indivisible, to a high degree.

The fall of Greece to the Romans and the Dark Ages, almost finished physical fitness, as the rise of Christianity marked the physical body as evil. Even worse, they believed that torturing the body would make their ascension into heaven easier. People went so far as to whip themselves with flails, sit on thorns, and expose their bodies to harsh environments in search of redemption.

This spiritual ideal of mind over body, known as asceticism, has been the bane of physical fitness for centuries. It was not until after the Renaissance that religion began to accept physical education as necessary, but only to keep men from sins such as drinking and cavorting with prostitutes.

During the Renaissance, physical fitness began to merge with the mind as a necessity for total health. However, physical education was still thought of as unnecessary in scholastic programs. Slowly, physical exercise became a standard in life, due to the flourishing culture in Europe.

Germany, Sweden, and Great Britain began to incorporate physical health programs for the public. In England, wrestling, throwing, riding, swimming, and especially football became favorite pastimes. It was the advancement of European programs that influenced United States physical history.

Years ago, America was too busy to see the advantages of physical fitness, much less physical education. American pioneers felt they were getting enough exercise in just working the land.

Also, the staunch Puritans saw exercise as the devil's work, and curtailed physical exercise. However, immigrants managed to bring some of their physical pastimes into the United States, despite the Puritans. Sports like bowling, running, hunting, skating, wrestling and boxing contributed to the survival of physical fitness.

Later, baseball, football and basketball gave rise to gymnasiums in schools and, throughout both wars and depressions, sports programs grew.

In the late twentieth century, discoveries in medicine, psychology and general health finally gave physical fitness a stable foundation, scholastically and socially. People began to realize that the development of the body was just as important as the mind. The Greeks, it seems, had the right idea after all.

Now, the fervor over physical fitness has reached an all time high, and stems from valuable information on health and longevity. However, people are finding that exercise goes beyond looks and health. Exercise creates a balance of both body and mind together.

We are enjoying a Greek/Roman lifestyle in physical fitness. Our huffing and puffing population is enjoying a period of social and economic stability.

VIDEOS

By DIANA MOSS
Staff Writer

High impact. Low impact. Some impact. No impact. Whether aerobics or just plain exercises, fitness videotapes are everywhere and multiplying everyday.

Some of the latest entries into the videotape game are Alyssa Milano (*Who's The Boss?*), Susan Anton, Angela Lansbury and Shirley MacLaine.

Aimed at teenagers, Milano's video attempts to get them into exercises. *Slimatics* is Anton's tape which is geared towards those who are trying to slim down.

Shirley MacLaine's Inner Workout is a program for stress reduction and relaxation through meditation, while *Angela Lansbury's Positive Moves* is a personal plan for fitness and well-being at any age.

Some videos have cute and clever titles such as: *Shape Up with Arnold [Schwarzenegger], Lyle Alzado—No Sweat, Raquel's [Welch] Total Beauty and Fitness, Couples Do It Debbie's [Reynolds] Way*and *Vanna White's—Get Slim Stay Slim.*

Pinckney is famous for her tapes entitled *Callanetics* and *Super Callanetics*, while Missett is known for *Jazzercise* and *Let's Jazzercise*. Gregganis' tapes are *One on One*and *Vital, Vigorous & Visual Aerobic Shape-up.*

Simmons' tape, which at present is hot, is *Richard Simmons and the Silver Foxes.* The tape features the parents of celebrities—Farrah Fawcett, Sylvester Stallone, Dustin Hoffman and Cher—joining in on exercises which are for those who are more mature and who cannot do high impact aerobics.

Fonda has at least eight fitness videotapes now on the market. The subjects of her tapes range from starting up to low impact aerobics and from working out with weights to pregnancy, birth and recovery.

Whether you are young or old, fat or slim, short or tall, there is a fitness video on the market for you.

East Meets West

By KAREN WATERS
Staff Writer

Yoga, vegetarianism and meditation are ageless, modern and healty.

Yoga, although started as a religious disipline in the United States, is now considered to be a form of exercise.

It is one of the six classes of Hindu philosophy, affirming the belief that through the practice of certain disciplines, one may achieve liberation from the limitations of the body. It is believed that only through this liberation one can experience perfect self-knowledge or knowledge of God.

Most Americans think of Yoga as only a series of body positions. In fact, it is a whole series of lessons or stages surrounding these positions.

Through the eight stages of Yoga, one learns *yama* (self-control), *niyama* (religious observance), *asana* (postures), *pranayama* (regulation of breath), *pratyahara* (the restraint of the senses), *dharana* (steadying of the mind), *dhyana* (meditation) and *samadhi* (profound contemplation).

Vegetarianism is the practice of abstaining from meat and other animal foods.

Vegetarianism is an ancient practice, existing among certain sects of Hinduism and Buddhism, who believe that all animal life is sacred.

Advocated also by numerous philosophers and writers of ancient Greece and Rome in the Roman Catholic Church, vegetarianism has been practiced monastically by Trappists since 1666 and, more recently, among Protestants and members of the Seventh Day Adventist Church.

As an active Western movement, vegetarianism originated in 1809 near Manchester, England, when the Bible Christian Church pledged themselves to a meatless diet.

In 1847, the Vegetarianism Society, a non-religious organization, was founded. The movement spread to Europe and, in 1908, the International Vegetarianism Union was founded. It is still in existence today, holding conferences every two years.

Although started as a religious or ethical practice, vegetarianism has also been accepted for aesthetic, nutritional and economic reasons.

Some choose not to eat meat because they feel that the killing of animals is unnecessary or cruel. Others believe that meat is harmful to the human body and a vegetarian diet is more nutritious. Vegetarian diets that lack sufficient amounts of protein are supplemented by eating more corn, nuts, seeds and liquid protein supplements.

Strictness of vegetarianism varies. Purists, also known as Vegans, reject all foods from animals, including eggs, cheese and butter. Others abstain only from foods that call for the destruction of animals in preparation or production.

With increasing knowledge and awareness of the harmful effects of animal fats, vegetarianism is rapidly gaining in popularity.

Meditation has been described as the "direct intuitive method of penetrating the true nature of the universe" and because of the electronic media, is now experiencing a much broader appeal. Almost every television station in the country airs at least one program that teaches meditation.

China is credited with being the birthplace of meditation, but Japan, with its Zen Buddhism, first made it available to the world.

Many practitioners of meditation find misunderstanding in the minds of those unfamiliar with it. Many people believe that it is the whole mind concentrating on one thought. This is not what most teachers teach.

Religious instructors tend to insist that it is listening to God, the opposite of prayer, which is asking of God.

Non-religious instructors teach it as attuning the body and soul into perfect alignment.

Whatever is one's conviction, meditation is becoming more accepted socially as well as in the medical profession. With the stress of the modern world, many health care professionals are prescribing meditation as a form of relaxation.

The Eastern practices of yoga, vegetarianism and meditation can help to keep Westerners healthy in body, mind, and spirit.

On the street of. . . D R E A M S

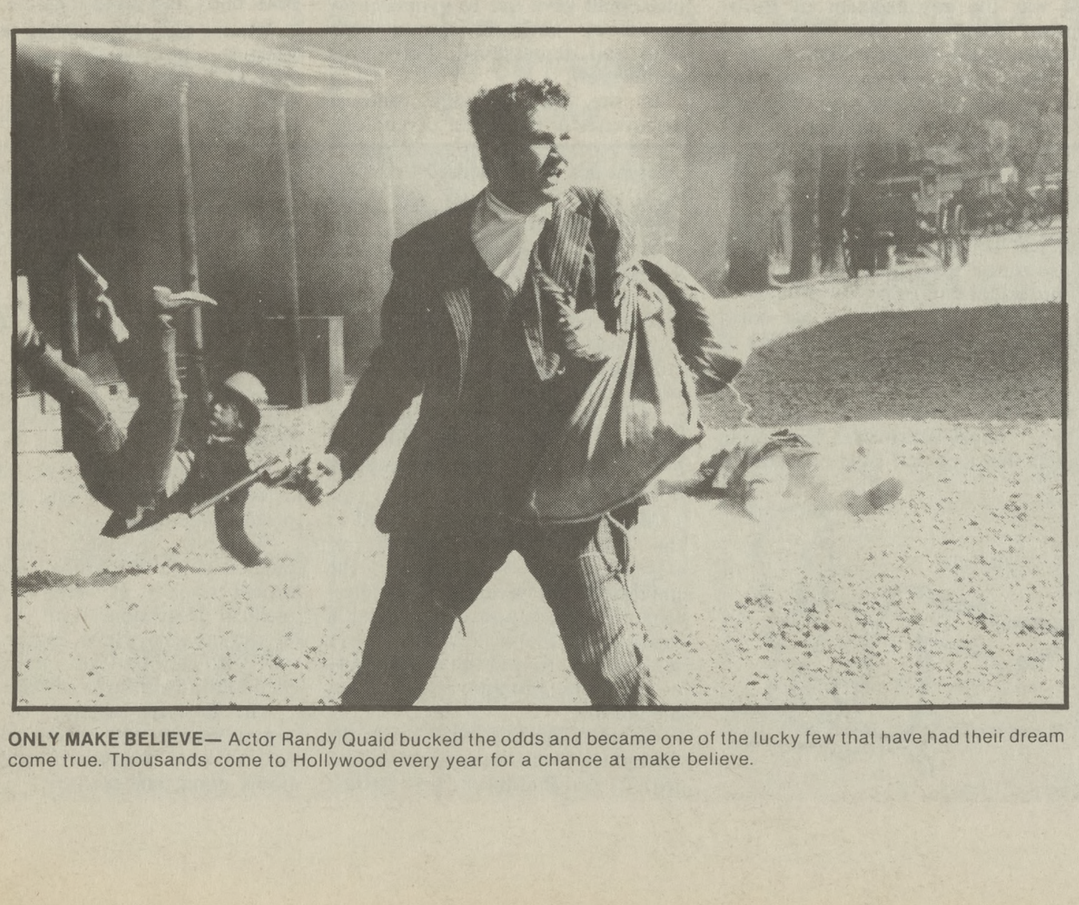
STAR SKIPPING— Celebrity names imbedded on stars in the sidewalks of Hollywood get walked on, skated over and skipped on by many thousands per year. Some people stop to notice the names, some are there specifically to see them and others just move on unseeing...

Photos by Eric Lawson

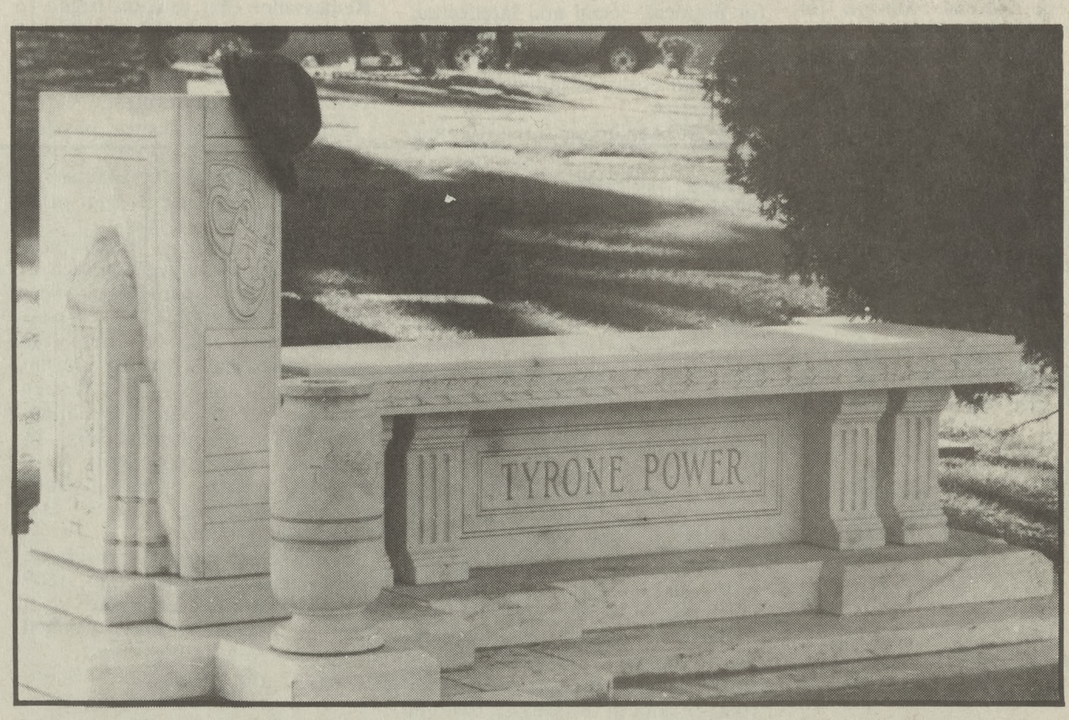
FUTURE ★ ?— Looking like he stepped out of *Tom Sawyer*, Gable Gross awaits tram for a ride through dream factory— Universal Studios.

STAR GAZING— Forever teen idols, James Dean and Marilyn Monroe, though dead, have remained in the hearts and minds of a great number of dreamers.

BUTTON, BUTTON...— One of the many that have come chasing the dream and stayed to add to the local color.



ONLY MAKE BELIEVE— Actor Randy Quaid bucked the odds and became one of the lucky few that have had their dream come true. Thousands come to Hollywood every year for a chance at make believe.



LONG AGO— Leading man Tyrone Power was a major star on the street of dreams. Tour companies include local cemetaries on their itineraries, some stars maintain their fascination even after death.